TOUCH OF SPICE
PAIR LENTIL SPINACH FRITTERS WITH CHUTNEY {page 12}

LIFE WITH A PREEMIE
PARENTS IN FOR ROLLER-COASTER RIDE {page 11}

POSH JR.
IT'S OFFICIAL: 4TH BECKHAM BABY A GIRL {page 10}

VANCOUVER metro®
Monday, March 14, 2011
www.metronews.ca
News worth sharing.

TADASHI OKKUBO/THE ASSOCIATED PRESS

▶ A woman wrapped in a blanket stands in the middle of rubble, looking at the city submerged under water in Ishinomaki, Miyagi prefecture, yesterday morning, two days after the catastrophic earthquake-triggered tsunami hit northeastern Japan.

Tremors felt around Vancouver

- Friday's 8.9-magnitude earthquake hit about 125 kilometres from the eastern coast of Japan
- It is the biggest quake ever recorded in that country
- Roughly 9,500 people are considered missing

[illegible] Japanese community on the weekend as many awaited word from loved ones caught in last week's deadly earthquake and tsunami.

Simon Fraser student Taichi Tsuji said a number of his friends have found it difficult to be so far from home amid the crisis.

"Some have been able to get in touch with people. Others are still waiting," Tsuji said. "It's been very emotional."

In the wake of the disaster, Vancouver's Consulate General of Japan has been flooded with calls — not only from people searching for family but also from those offering support and condolences.

Deputy consul general Kinji Shinoda's own wife and children are in Tokyo. Shinoda said he has received word that his family is safe, but he's mindful of the fact that thousands of others are still missing.

"It's a nightmare," he said. "But the Japanese are tough. Everyone is trying their best."

Even in the face of catastrophic loss and damage, he said that people in Japan have shown compassion toward each another.

"I have great sympathy but I also have confidence that Japan will come back," Shinoda said. ● NATALIE KAUR JOHAL

MORE COVERAGE, PAGES 4 & 6

A case for ironing

Wrinkle-free shirts not worth the convenience {page 13}

Fairy tale grows fangs

Director goes gothic with Red Riding Hood {page 9}

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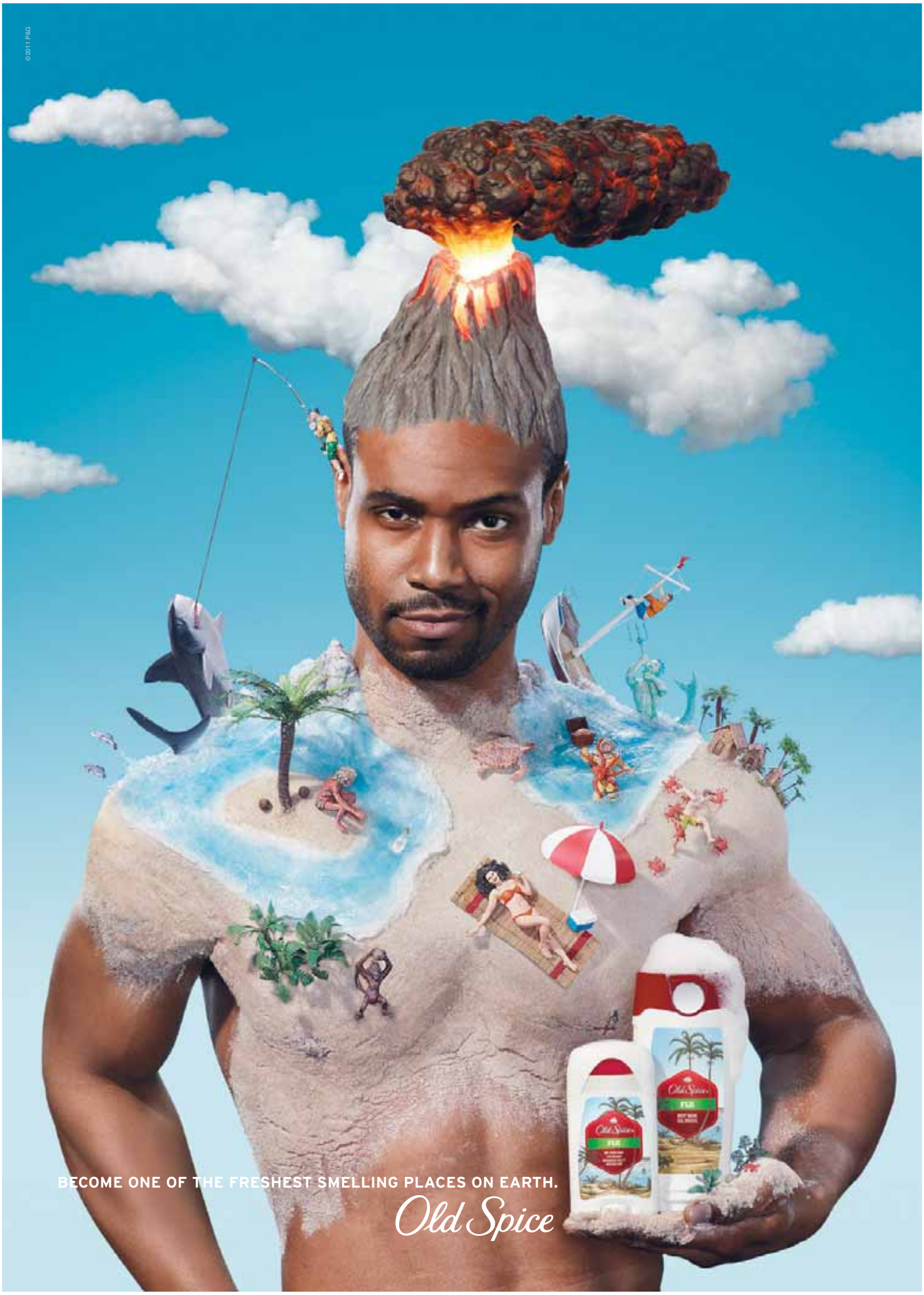
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Old Spice

Family rues police encounter

A Nanaimo family has put their faith in an external police investigation after an RCMP officer allegedly struck a 53-year-old grandmother in an unprovoked attack earlier this month.

Social worker Camilla McGuire suffered a shattered orbital bone and had to have a titanium plate inserted in her face after a mental-health call involving one of her sons turned ugly on March 2.

Her eldest son, Adam, 27, claims one of the two RCMP officers who attended the home that night was clearly agitated and uncomfortable with a situation that was largely under control.

The family claims that when Camilla voiced her criticism, the officer grabbed her by the arm and punched her in the face.

The Victoria Police Department has been called in to investigate the incident. METRO MATT KIELTYKA

Pandora St. fire inquest called

The B.C. Coroner's Service announced it will hold an inquest into the deaths of three people killed in December's Pandora Street fire. The inquest will begin in the fall. METRO

Clark to be sworn in

Christy Clark will officially be named premier of British Columbia today during a swearing-in ceremony in Victoria. She will also be naming her cabinet. The successor to Gordon Campbell won the Liberal leadership race last month.
METRO

COURTESY OF THERESA CHONG

▶ SFU students camp out near the Vancouver Art Gallery on the weekend.

SFU students brave rain for homeless

- No Home Campaign raised more than $7,000 for Covenant House
- Strangers offered food and donated tarp to students

PHYLICIA TORREVILLAS
VANCOUVER@METRONEWS.CA

Strong winds and rain did not dampen the spirits of Simon Fraser University students who spent 24 hours on the streets of downtown Vancouver on the weekend to raise money for homeless youth.

Student organizer Joanne Leung said the experience was better than they expected, despite the bad weather.

Around 15 students spent the day and night outside the Vancouver Art Gallery to raise money for Covenant House and awareness of the issues faced by homeless youth.

"It's tough on the streets, for sure," Leung said. "But one day on the streets just can't even begin to give us the knowledge of what it's like to be there everyday."

Leung said Good Samaritans donated a tarp to help them keep dry, and the students told stories and jokes to pass the time.

The students were also given food — mostly Timbits as well as bagels and cinnamon buns — much of which they donated to other needy people downtown.

"Seeing that kind of support from ... people we don't even know, it was really touching. It kind of gave us hope that people will pay attention to this issue and there is hope for change."
STUDENT ORGANIZER JOANNE LEUNG

1 news

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Disaster in Japan and an unexpected commodities pullback may mean a rough ride for investors this week. Video at metronews.ca

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Locals reach out to Japan

Earthquake and tsunami leaves hundreds of thousands homeless ◗ Many without food and water

When disaster struck in Japan, locals acted quickly to help those in need.

As of yesterday, The Canadian Red Cross had raised about $1 million for survivors of Japan's deadly earthquake and tsunami.

Bas Bruche, spokesperson for Canadian Red Cross B.C., said it's almost "beyond imagination" to see what is unravelling there.

"But it's really encouraging to see how quick the response from Canadians has been to help out," he said.

"A lot of people have family or friends over there, so in a way it really affects us here," said Bruche.

Taichi Tsuji, an international student from Japan, is setting up booths and a donation box at SFU to raise money for the Red Cross.

Douglas Chiang, president of the Greater Vancouver Taiwanese Canadian Association, plans to raise funds as well.

He said when Taiwan had an earthquake a decade ago, Japan was one of the first countries to respond.

MEAGAN GILL

TOSHIHARU KATO/THE ASSOCIATED PRESS

▶ A member of the Japanese Red Cross feeds a baby in Miyagi prefecture on Saturday.

Vancouver team ready to help with search and rescue

Earthquake- and tsunami-ravaged Japan is the last place many people want to be right now.

But that's not the case for the Vancouver Urban Search and Rescue (USAR) team, who are anxiously waiting on the sidelines after Thursday's catastrophic natural disaster.

"Our team is ready and prepared," said Vancouver fire department spokesperson Capt. Gabe Roder.

"We know we could be making a difference right now, but it's completely out of our hands."

In order for the 63-member unit to be deployed to Japan, the country would first have to request aid from the Canadian government.

Then, Vancouver USAR would be the first Canadian rescue team called into action. MATT KIELTYKA

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Nuclear fears grow

THE ASSOCIATED PRESS/KYODO NEWS

▶ A freighter sits on a breakwater beside a building in Kamaishi, Iwate Prefecture, in Japan, two days after the area was hit by a catastrophic earthquake and tsunami. Friday's 9.0-magnitude quake is the most powerful recorded in the country's history.

Hundreds of thousands wait for help in emergency centres cut off from rescuers ◐ At least 1.4 million households have gone without water since quake hit

A 76-year-old missionary from Quebec has been identified as a victim of the earthquake and tsunami in Japan.

Andre Lachapelle, a member of the Quebec-based Society of Foreign Missions, was in Sendai when the quake hit.

Lachapelle tried to return to his home a half-hour drive away, but never made it. He was taken to hospital where he died of a heart attack.

Meanwhile, officials along a stretch of Japan's northeastern coast warned residents that the area could be hit by another tsunami today. But the Meteorological Agency said there was no risk of another deadly wave.

The warning came as an explosion rocked the nearby Fukushima Dai-ichi nuclear power plant. The blast was felt 50 kilometres away by Associated Press journalists in Soma, where residents fled the town for safety.

TV footage showed smoke coming from the Fukushima Dai-ichi nuclear plant's No. 3 unit, 190 kilometres north of Tokyo. Japanese officials believe it was a hydrogen explosion similar to an earlier one in the facility. Japan's chief cabinet secretary says the reactor's inner containment vessel holding nuclear rods is intact, easing some fears among the public.

Tokyo Electric Power Co. says three workers have been injured and seven are missing.

Officials have confirmed that at least 1,800 have died since the disaster hit.

THE ASSOCIATED PRESS

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Khadr should be extradited: Ottawa

A terrorist collaborator is walking the streets because a Canadian judge wrongly decided to stay extradition proceedings against him, the federal government says.

In documents filed with Ontario's highest court before an upcoming appeal hearing, Ottawa says Abdullah Khadr should be handed over to the United States to face terror-related charges.

Instead, by ordering the stay, Ontario Supreme Court Justice Christopher Speyer put Canada's security at risk and hindered the fight against terrorism, the government argues on behalf of the U.S.

The U.S. wants to try the Ottawa-born Khadr, whose younger brother Omar is serving time in Guantanamo Bay, on charges of supplying weapons to al-Qaida in Pakistan.

Khadr's lawyers argued for the stay on the grounds that his self-incriminating statements were the product of torture in Pakistan.

The judge stayed the proceedings last August on the grounds that American conduct in Khadr's arrest had been egregious. The judge noted the U.S. had put up a $500,000 bounty on Khadr, interfered with his access to Canadian consular officials and delayed his return to Canada by six months.

THE CANADIAN PRESS

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MARY ALTAFFER/THE ASSOCIATED PRESS

▶ Ayano Tominaga of Tokyo waits in line on Friday to buy an iPad 2 at the Apple store on Fifth Avenue in New York. Tominaga arrived on Thursday — before the earthquake struck her country — just to buy the iPad 2 and was planning to return on Saturday.

CONSUMERS MAD FOR PAD

The iPad 2 went on sale Friday and was greeted by the now-familiar lines of buyers outside Apple stores. When the original went on sale last April it sold more than 300,000 in the first day and ended up selling more than 15 million in the first nine months. The iPad 2 arrives in Canada on March 25.

Pulling a fast one

Wireless providers tout 4G technology Bandwidth consumption exploding as mobile apps take hold

Wireless carriers in Canada are making their networks even faster to meet the demand from smartphones and devices used by laptops to connect to the Internet.

Bell and Telus have upgraded their networks, not even two years old, to faster fourth-generation, or 4G, technology, while Videotron, MTS and SaskTel are on the same path.

But there have been arguments about whether these networks are truly 4G, and international standards have been relaxed recently to allow carriers to say they are operating such networks once they enhance their networks.

Rory Altman of consulting group Altman Vilandrie & Company said carriers are "fibbing a little bit" about having 4G networks already, but noted they are faster for streaming video, loading graphics and opening big email files.

Rogers says it also has 4G network speed but is committed to long-term evolution network technology, which is expected to give mobile users an even faster experience.

Bell and Telus are also testing LTE technology, while carriers such as Wind Mobile say they are on the path to an LTE network.

Technology analyst Duncan Stewart says a number of 4G devices should be in Canada by the fall, but initially there will be more Internet modems than smartphones. "All of this stuff about 'faux' G and it's not the real 4G is really marketing," he says. "But if you want to browse the web and especially look at videos you need higher speeds." THE CANADIAN PRESS

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LIVING IN A LOTUSLAND OF OUR MINDS

Urban Compass

PAUL SULLIVAN

We've spent the weekend watching entire Japanese cities get washed away in less than five minutes.

We've watched in uncomprehending horror at the threat of not one or two, but three nuclear plants melting down and radiating death across the Pacific.

And we're not just idle spectators: Earthquake experts warn there's a one in seven chance that a 9.0-magnitude subduction quake, like the one that has just devastated Japan, will happen here in our lifetime.

Now what do we do?

Well, if previous earthquake disasters are any indication, not much. I don't think we really believe it's going to happen. There's certainly nothing new about the warnings, which dutifully roll out along with the aftershocks.

It has even happened before: Jan. 26, 1700, to be precise. But that was before YouTube, so it didn't make much of an impression.

Actions speak louder than words, and our actions clearly demonstrate that we live in the Lotusland of Our Minds.

How many schools around the Lower Mainland still need seismic upgrades?

What happens to the many thousands of people who live in apartments and rooms built before the code required earthquake proofing?

"I don't think we really believe it's going to happen."

What happens if our glass towers are subject to the prolonged shaking that comes with a subduction quake? Can you say duck and cover?

And is Richmond and its system of dikes really able to withstand the impact of a 9.0-magnitude quake? Richmond? Where they built the airport?

Need I mention St. Paul's Hospital, which would fall apart like a Jenga pile in the wake of a quake?

Instead, the money needed to protect our kids in the event of a major quake has already been spent on a new roof for B.C. Place. Come the Big One, the roof won't fall in at B.C. Place. That's a relief.

Well, maybe this time it will be different. Maybe we will be shaken out of our trance and stop thinking that "Super, Natural B.C." is a 100 per cent positive experience. Mother Nature, she bites.

With the Olympics, we came together and beat Ms. Nature with ingenuity, resourcefulness and hard work. So here's an idea. Go get John Furlong and give him the task of getting ready for the Big One.

I have no idea how he would do it, but if you can retrofit an entire mountain with straw bales and imported snow, you should be able to get Vancouver ready for an earthquake.

John, it should be almost easy — no nuclear power meltdowns to worry about.

Kidding aside, does anyone have a better idea?

Cartoon

MICHAEL DE ADDER

Casting a wider relief net

Worth mentioning

Canadian web surfers are reaching into their pocketbooks to help with the relief effort in Japan.

The Canadian Red Cross says online tools like Twitter and Facebook have increased awareness of the disaster and encouraged people to donate.

The humanitarian group has already raised approximately $1 million since Friday.

Four other charities — CARE Canada, Oxfam Canada, Oxfam-Quebec and Save The Children Canada — have formed a group called the Humanitarian Coalition and began accepting donations Saturday.

Helping hands

ITSUO INOUYE/THE ASSOCIATED PRESS

The group says that while the Japanese government is well-prepared to respond to an earthquake, Canadians also want to help.

Doctors Without Borders says it hasn't decided whether to set up a program in Japan even though it already has a 10-person team on the ground.

"If there is enough medical needs, we will start a medical program," said spokesman Gregory Vandendaelen.

The Salvation Army has allocated $75,000 to help in Japan, while other organizations such as World Vision Canada and UNICEF are accepting donations to their general relief funds. THE CANADIAN PRESS

Do you think natural disasters are rising? Why?

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Metro Minute with Urban Improv

Join The Urban Improv Family tonight for some laughs with its fast, furious, funny brand of improvised comedy.

The rotating cast of award-winning Canadian comedic talent takes the stage every Monday at 8 p.m. at Rowan's Roof at 2340 West 4th Ave. for $5.

A three-time Canadian Comedy Award nominee for best improv group, The Urban Improv Family promises "comedy that crosses the line."

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Call Rowan's Roof at 604-733-0330 for tickets.

PHYLICIA TORREVILLAS

CONTRIBUTED

▶ Be ready to laugh with The Urban Improv Family tonight at Rowan's Roof in Kitsilano.

▶ Red Riding Hood director Catherine Hardwicke with actor Gary Oldman.

Creating a fairy tale

Director Catherine Hardwicke talks about her long love for the story of Little Red Riding Hood She enjoyed being able to expand on the fears and emotions of the story

PHIL BROWN
SCENE@METRONEWS.CA

Catherine Hardwicke began her career as a production designer on films like Three Kings before transitioning into directing with Thirteen. With that auspicious debut, she instantly became one of the premiere female directors in Hollywood and entered the blockbuster arena in 2008 when Twilight became a surprise $390-million hit.

Hardwicke made a return to the big screen with Red Riding Hood, a gothic horror adaptation of the classic fairy tale that in an odd way might be her most personal project.

"I loved the fairy tale when I was little and made my mother make me a red cloak so I could be Little Red Riding Hood on Halloween for two years straight," the director told Metro. "So I guess it's stirred into my blood."

"I was excited by this script because it went back to an old less sanitized version of the story. I liked the darkness and thought it was filled with opportunities."

In Hardwicke's hands, the film becomes a more frightening tale involving a werewolf as well as a love triangle that should please her Twilight followers. In other words, this isn't the bedtime story you remember.

"I think fairy tales take complicated childhood fears and emotions and play them out in an extreme way," explained Hardwicke. "They let children face their fears instead of pretending that's irrational. So pushing the story slightly into horror wasn't much of a stretch."

Following a film that required absolute reverence to the source material to appease squealing fans, the director relished the opportunity to take this classic fairy tale into any direction that she pleased.

"In Twilight I couldn't stray far because of the fans, but the great thing about a fairy tale like this is that there is no definitive version," said Hardwicke. "I loved that we could take a story everyone knows and add on layers that no one would expect."

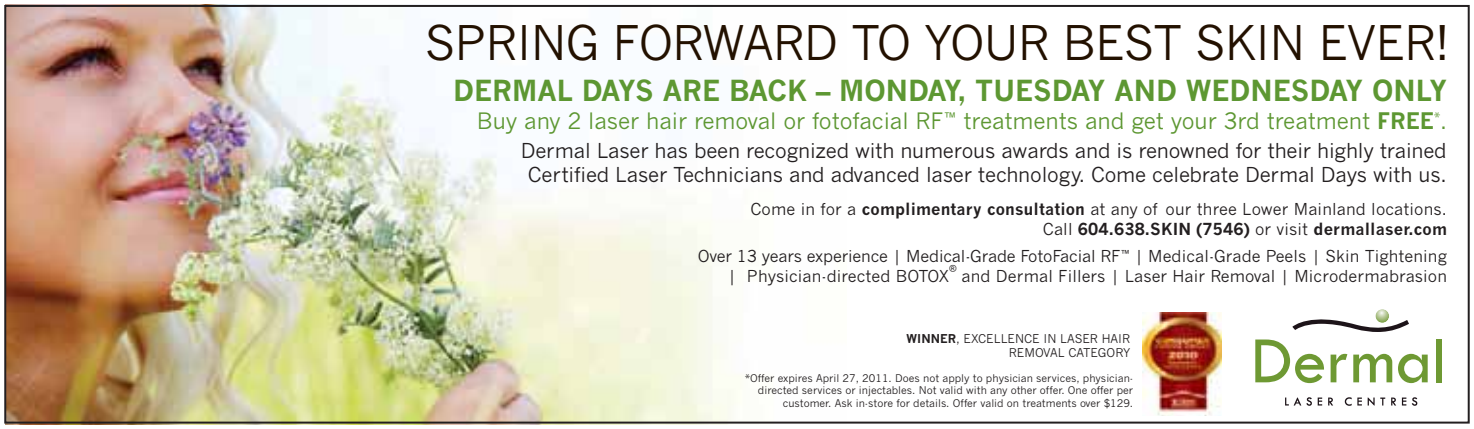
"I loved that we could take a story everyone knows and add on layers that no one would expect."
DIRECTOR CATHERINE HARDWICKE

2 scene

Box Office

The sci-fi action film Battle: Los Angeles topped the weekend box office with a strong debut of $36 million US, according to studio estimates yesterday. In its second week of release, the animated Rango came in second, with $23 million. Red Riding Hood debuted to $14.1 million. Disney's animated 3-D family film Mars Needs Moms opened to a disappointing $6.8 million.
THE ASSOCIATED PRESS

Helen Mirren joins other theatre stars to protest U.K. arts funding cuts. Scan code for story.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Girl power gets boost in Beckham house

Will new baby be as 'posh' as mom? Or will she bend it like Beckham and take women's football by storm?

David and Victoria Beckham are officially expecting a daughter, the soccer star announced, according to People magazine.

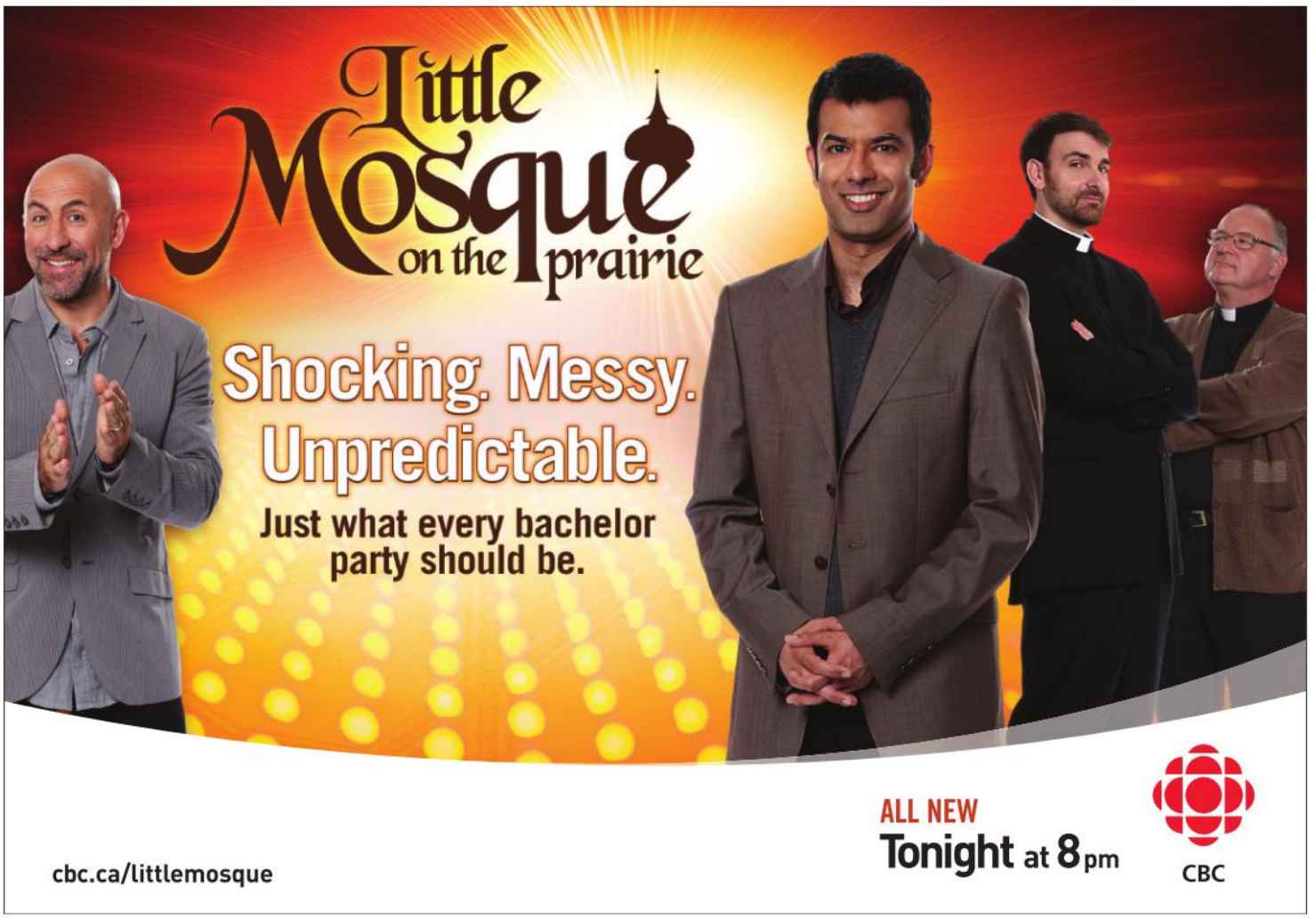
"Obviously, we're very lucky to be expecting again, and this is the first time I'm going to say it: It's a little girl," David said at an L.A. Galaxy fan event.

"Finding out a little girl is in there is surprising."
DAVID BECKHAM

"We're still in shock. Obviously, having three boys, you kind of expect another one, so finding out a little girl is in there is surprising, but, obviously, we are over the moon. Our three boys are happy and excited, and Victoria is doing well." The baby girl is expected in July. METRO

STEVE PARSONS/THE ASSOCIATED PRESS

▶ Victoria Beckham at London's Heathrow Airport Terminal Saturday showing a healthy baby bump.



Having a premature child isn't just a medical emergency, but also a family emergency as parents deal with conflicting and confusing emotions about the obstacles that may lie ahead

Raising preemies: An emotional roller-coaster

▶ Melissa Orlando with her twin daughters, Fiona and Mallory, who were born premature.

JACK DEMPSEY/ THE ASSOCIATED PRESS

My wife, Ivandy, wasn't due to deliver our son for another three months when her water broke. We rushed to the hospital where we learned out baby's world was drying up around him. Nicholas was born weighing just two pounds, two ounces.

The neonatal intensive care unit (NICU) became our second home. As parents of a preemie, we were plunged into a community of experts that we hardly knew existed. And we had to learn to cope not just with our son's needs, but also with our emotions.

About 12.9 million premature babies are born around the world each year. But only recently have doctors started looking beyond survival and focused on improving outcomes for premature children outside the NICU.

Children born prematurely may have learning disabilities, attention deficits, cerebral palsy, vision and hearing problems, respiratory illnesses or other conditions.

Doctors are also finding the trauma of a premature birth can be devastating to parents, who may suffer from depression and anxiety disorders such as post-traumatic stress disorder.

"Prematurity is not just a medical crisis, it's a family crisis. There are confusing emotions," says Mara Tesler Stein, a clinical psychologist and co-author of Parenting Your Premature Baby and Child.

Stein compares parents' experience of grieving after the birth of a premature child to that of losing a loved one — an especially confusing emotion when you are in fact gaining a loved one.

"Men tend to be fixers. If they can't fix the situation they really don't know what to do with it."

DIANNE MARONEY, CO-AUTHOR OF YOUR PREMATURE BABY AND CHILD, ON THE DIFFICULTY MEN HAVE DEALING WITH A SICK CHILD

Most parents agree that the hardest part of having a premature child is leaving him or her alone in the NICU.

"I felt like I was abandoning them," explains Melissa Orlando, a Colorado art teacher who gave birth to premature twins. "I did a lot of talking with them, explaining I was going home to sleep."

The next hardest thing is the uncertainty: No one could give us a definitive prognosis for our baby because every premature child is different.

Dr. Brian Carter, director of the Neonatal Follow-up Program at the Monroe Carell, Jr. Children's Hospital at Vanderbilt University in Nashville, says predicting outcomes for preemies is difficult because treatments are always evolving.

"Many clinicians may be reluctant to glibly inform or saturate a parent's mind with all sorts of potential concerns that sound overwhelming and potentially very negative and frightful," Carter explains.

In retrospect, we were lucky to have doctors who remained optimistic — even if they weren't always entirely honest about all the obstacles that might lie ahead. **THE ASSOCIATED PRESS**

3 life

Mommy gifts

Here are some suggestions for thoughtful gifts for moms-to-be.

- Put together an "at-home" spa basket complete with calming oils, bubble bath, classical music, a lighthearted novel and slippers.
- Look for items that have dual purpose, like a backpack, that acts as a baby carrier, or a stroller designed for jogging and keeping baby comfortable.
- Get a gift card to a restaurant she's always wanted to try.

NEWS CANADA

How do you ease parent-child separation anxiety? To find out, scan this code or visit metronews.ca.

Say hello to a simple, yet exotic, dish

Serving these mildly spicy lentil spinach fritters with fruit chutney creates an interesting combination

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONEWS.CA

Canadians are increasingly exposed to many different flavours as a result of sampling foods from around the world.

And if you're up for trying new things, you'll love these easy to make lentil spinach fritters.

Not only are they mildly spicy, but they're also packed with goodness from the spinach and split red lentils. Serve them with chutney for a great mix of flavours.

Preparation:

1. In saucepan, cover lentils with water and bring to boil. Reduce heat and simmer for 20 minutes. Drain well.
2. In a food processor, add cooked lentils and 3 tbsp (45 mL) of water; process until smooth, scraping sides occasionally. Scrape into bowl.
3. Add spinach, green onions, cilantro, red pepper flakes, 2 tbsp (30 mL) of the flour, cumin, salt, baking powder and garlic, stirring well. Add more flour, as needed, to make a smooth dough.
4. In large non-stick skillet heat 1 tbsp (15 mL) of the oil over medium heat. Drop lentil mixture by heaping tablespoons (15 mL) into pan. Cook for 2 minutes on each side or until lightly browned. Remove from pan. Cover and keep warm. Repeat with remaining oil and mix.
5. Serve with chutney.

THE CANADIAN PRESS/ PULSE CANADA

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND TV CELEBRITY CHEF. VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- 3/4 cup (175 mL) dried split red lentils
- 3 1/2 cups (875 mL) chopped fresh spinach
- 2 tbsp (30 mL) thinly sliced green onions
- 1 tbsp (15 mL) finely chopped cilantro
- 1/2 tsp (2 mL) crushed red pepper flakes
- 2 to 3 tbsp (30 to 45 mL) all-purpose flour
- 1 tsp (5 mL) ground cumin
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) baking powder
- 1 garlic clove, minced
- 3 tbsp (45 mL) canola oil, divided
- Fruit Chutney

THE CANADIAN PRESS H/O

▶ This recipe produces 12 fritters.

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NO-IRON SHIRTS GREEN DUDS

Is there formaldehyde in no-iron shirts? I got a whiff the other day of my husband's shirts and for now the shirts are quarantined.
Melanie of Edmonton

Your suspicion about formaldehyde in no-iron shirts, also known as wrinkle-free, is spot-on.

I hate to iron as much as the next person, but to make cotton iron-free the fabric is typically soaked in formaldehyde. When you press it flat it becomes wrinkle-resistant. Retailers warn that due to the change in molecular structure of the cotton shirt, the fabric becomes more brittle. This means the life expectancy of your husband's no-iron shirt may be cut by 25 per cent.

If a short lifespan isn't discouragement enough, these low-maintenance duds are impregnated with a cancer-causing chemical. Formaldehyde is found in more than no-iron shirts. It's used in a host of consumer products like air fresheners, nail polish, bed sheets, kitchen cabinets, carpets, furniture — you get the idea. Since formaldehyde is known to emit fumes from products and can be inhaled, avoid it.

David Suzuki Foundation

Raising a glass of 'green' beer

Breweries across Canada turning to cleaner methods of production

BEN KNIGHT
LIFE@METRONEWS.CA

Green beer is a tradition on St. Patrick's Day. But does "green," eco-friendly beer actually exist? Steam Whistle Brewing in Toronto has made significant steps: Bottles thick enough to be reused dozens of times, no glue or paper labels, and biofuel in their delivery trucks. On a smaller scale, microbreweries, like Nelson Brewing Company Ltd. in British Columbia, brew in small batches, close to home, saving big on transportation, storage and environmental damage.

Cheers!

According to Statistics Canada, the average adult British Columbian downs 76.6 litres of beer per year.

How can the brewing and selling of beer be made cleaner?
"It begins with ingredients," says Sybil Taylor, founder of Steam Whistle's environmental committee. "People are concerned about what they're putting in their bodies. We start with all-natural ingredients, GMO-free, and no preservatives."

Nelson brewmaster Mike Kelly agrees. "All our beer is certified organic ... With that, you buy into the idea that organic products are cleaner or greener — better for the environment. Better for the farmers, too, because of the sustainability of various ingredients."

Does organic beer taste better than mainstream commercial brews?
"Absolutely," Taylor enthuses. "There's a refreshing, clean taste because it's naturally carbonated. It isn't gassy, and doesn't make you feel bloated."

CORRECTION NOTICE

Please note that Metro Newspaper ran the incorrect **BC Ford Dealers CUSTOM CAR EVENT** ad in our Friday March 11 newspaper. The ad contained a 2011 Focus SE Sport offer that is no longer valid. **THE CORRECT AD WILL RUN ON TUESDAY MARCH 15. The current 2011 Focus SE Sport offer is: Own it today for only $14,999. Offer includes $3,500 delivery allowance, $500 custom cash and $1,550 freight & air tax.** We apologize for any inconvenience or confusion this may have caused.

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Combating childhood obesity online

ISTOCK

▶ The government hopes a new website will have spark a conversation on childhood obesity.

Kids sitting in front of their computers and mobile devices are being encouraged to talk, tweet, type, post and text about childhood obesity.

Leona Aglukkaq was in Toronto last week to launch a national dialogue, along with a new government website — ourhealthourfuture.gc.ca — with links to Facebook and Twitter.

The site will allow children, their parents and others to post ideas on how to eat well and get more exercise into their day.

The country is facing a childhood obesity epidemic, an alarming trend over the last decade, Aglukkaq said.

"Too many of them are overweight, too many of them are obese and it seems to be on the rise among all children, including First Nations, Inuit and Metis children, and this has to be reversed."

Over the last 30 years, the number of obese children has almost tripled in Canada.

In 1970, about one in 10 children was obese. Today, it is one in four.

The World Health Organization estimates three billion people will be obese by 2015.

More children are developing health problems previously seen only in adults, such as Type 2 diabetes and high blood pressure, which can reduce life expectancy, said Aglukkaq.

If the trend isn't reversed, today's children may not live as long as their parents, she said.

A series of meetings will be held starting later this month to canvass industry and health practitioners, academics and national aboriginal associations as well as youth, parents and caregivers.

Federal, provincial and territorial health ministers will use the ideas gathered online and at the meetings to devise a plan to tackle childhood obesity at a national summit this fall.

THE CANADIAN PRESS

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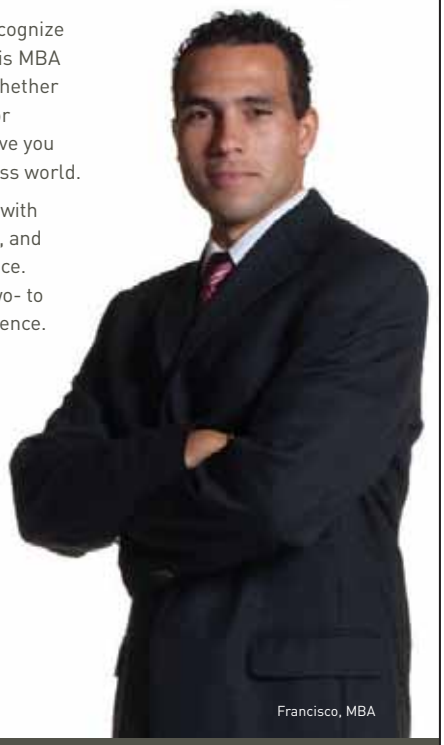

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MODEL AGENCY

Turning Point

TERESA KRUZE

LIFE@METRONEWS.CA

The giant scale stood firmly in the middle of the modelling agency reception area.

"No more cranberry muffins for you," the modelling agency executive told Liis wagging his finger in her face.

Liis knew that if she wanted to be a model she needed to be skinny but the muffin was all she had eaten that day. Liis left and never went back.

Today, Liis is a successful plus-size model and hasn't looked at a scale with fear since.

Her modelling has taken her all over the world and now working with the Ben Barry Agency, Liis is inspiring young women to redefine their ideas of size and beauty. "For me it's important to get young girls to look at beauty and media from a difference perspective."

Several years ago three models died due to the effects of malnutrition.

Liis says the fashion world has reached a turning point and is slowly realizing the average woman isn't a Size 4. Liis and the Ben Barry Agency are leading the way.

"We don't want to be just an agency. We want to be agents of change."

▶ Plus-size model Liis.

Coming into focus

For more than five decades, Vivian Maier, a nanny, photographed the world around her Her passion remained hidden to most people, until now

She scoured the streets day and night, venturing into strange and sometimes dicey neighbourhoods. She wore a hat, sturdy shoes and a camera around her neck.

A woman in a white fur and evening dress drifting in the darkness toward a '56 two-tone Chevrolet.

Click.

A curious little boy, undaunted by his size, using an empty window frame as a ladder so he can peek into a giant box.

Click.

Fractions of seconds, captured by Vivian Maier a half-century ago or more — fleeting moments of life on the streets at a time when men wore fedoras and dragged on Lucky Strike cigarettes.

Maier observed it all without judgment. This was her hobby, not her job. But for more than five decades, it also was her life. She shot tens of thousands of photos. Most were never printed and many were not even developed. Few were seen by anyone but her.

Vivian Maier, who passed away in 2009, wanted it that way. She guarded her privacy.

She and her photos seemed destined for obscurity until a man with an eye for bargains stopped by an auction house. He paid $400 for a grocery box full of tens of thousands of negatives.

He knew only that they came from a repossessed storage locker that had been rented by an elderly woman. He carted the negatives home, not expecting much but unearthed a treasure.

John Maloof had stumbled upon an undiscovered artist whose photography is now being compared to the giants.

Shortly after Maloof started buying Maier's film, he tried, to no avail, to interest galleries and museums. Then he posted a blog he had created featuring her work on Flickr.com and asked what he should do with the negatives. Ideas poured in.

This winter, Maloof succeeded in getting a show for Maier at the Chicago Cultural Center, her U.S. debut.

Maloof is now working to assemble a book of her photos. He also has joined his partner, Rydzon, and a Danish filmmaker to produce a documentary, Finding Vivian Maier.

THE ASSOCIATED PRESS

CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

▶ Collector John Maloof matches title tags with photographs hanging at the Cultural Center for the first ever exhibit of Vivian Maier's photography in Chicago.

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Work headaches for women at home

Taking lots of work calls and emails in the home? Women more likely to feel guilty about working from home, study says

Women are more likely than men to have feelings of guilt and distress if they're contacted frequently by colleagues, supervisors and clients outside the workplace, a study suggests.

The finding comes from research by University of Toronto sociology professor Scott Schieman and colleagues, published in the March issue of the Journal of Health and Social Behavior. They analyzed data from the Work, Stress, and Health Survey, and interviewed 1,800 American adults in 2005 and second interviews with most of them again in 2007.

The researchers wanted to look at work-related contact partly because of advances in technology, including cellphones, BlackBerrys and emails.

"We took a random representative sample of workers, or tried to get it as representative as possible, and we asked them about 30 to 40 minutes worth of questions about all kinds of things related to work and family, and then we also asked a series of questions about emotions and health," Schieman said in an interview, noting that his subjects are American because he proposed the study and applied for U.S. funding for it before arriving in Toronto in 2004.

"We found that there was an association between receiving work-related contact and guilt for women. We didn't find that association for men. And then we also found it for distress as well."

Distress was measured by questions relating to malaise, such as feeling tired and rundown, feeling like everything was an effort and having difficulty focusing on the task at hand.

"I think we need to step back and say, 'What are the consequences of that for people's emotional and physical well-being.'"
PROF. SCOTT SCHIEMAN, ON BEING ABLE TO BE CONTACTED 24-7

Even if family life wasn't affected by the work-related communication at home, many women still reported feeling guilty.

"Our study provides a snapshot view into what people might think is a form of flexibility, which is being able to be contacted and accessible 24-7 through these technologies," Schieman said. "I think we need to step back and say, 'What are the consequences of that for people's emotional and physical well-being?'"
THE CANADIAN PRESS

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Digital Graphic Design Monday, Mar. 14, 4:30 p.m. – room 721	Downtown
Transportation Trades Tuesday, Mar. 15 & 22, 11 a.m. – lobby, building B	Broadway
TESOL Programs Tuesday, Mar. 15, noon – room 526	Downtown
Drafting Technician programs Wednesday, Mar. 16, 1 p.m. – room 724 Thursday, Mar. 17, 4.30 p.m. – room 724	Downtown Downtown
Esthetics & Hair Design Wednesday, Mar. 16, 4:30 p.m. – room 201	Downtown
Culinary Arts and Asian Culinary Arts Friday, Mar. 18 & 25, 9:30 a.m. – room 305 B	Downtown
Hospitality Management Diploma Saturday, Mar. 26, 11 a.m. – room 420	Downtown
Paralegal Saturday, Mar. 26, noon – room 203	Downtown

Downtown campus is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

Broadway campus is located at 1155 East Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

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GMs meet amid public outcry over concussions

The NHL's general managers will find themselves in the eye of the storm on Florida's Atlantic coast this week.

With the outcry over concussions having grown to a fever pitch, the GMs will gather for their annual meetings today until Wednesday under some pressure to deliver a message about the state of the game.

They've already spent considerable time grappling with concussions and illegal hits — developing Rule 48 outlawing blindside head hits at these meetings a year ago — and won't necessarily conclude this session with any new measures to propose.

If anything, the divide between those involved in the sport and those on the outside will likely be highlighted during the meetings in Boca Raton.

In the wake of the devastating head and neck injury suffered by Montreal's Max Pacioretty last Tuesday, calls for more safety in the NHL came from all corners — everyone from Prime Minister Stephen Harper to league sponsor Air Canada to Canadiens owner Geoff Molson weighed in.

It was much more difficult to detect a desire for change from those who have spent a lifetime in the game.

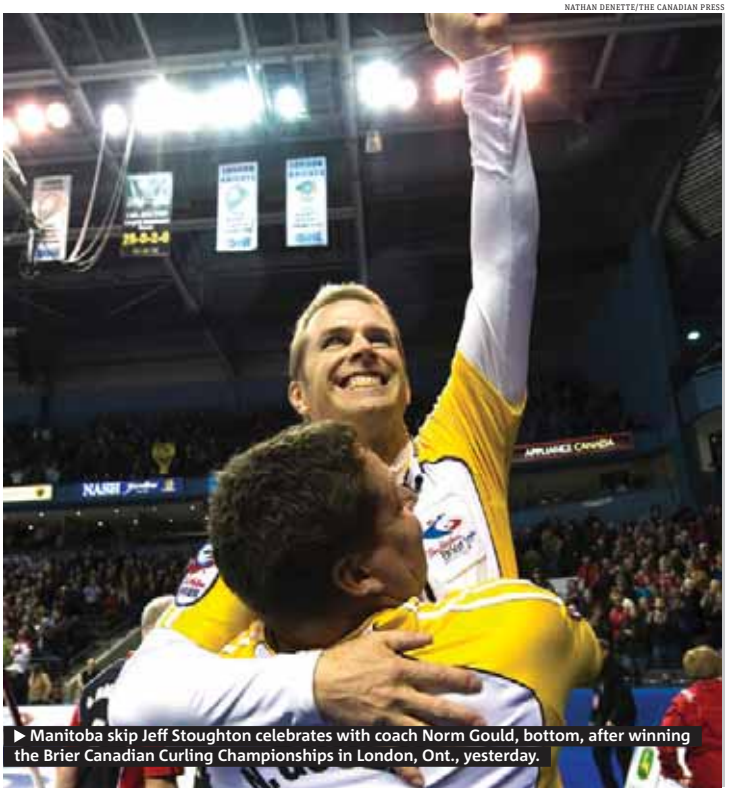
"Every time there's an injury, we're running around trying to address the specific injury," Maple Leafs coach Ron Wilson said over the weekend. "I think we've done a pretty good job of eliminating headshots but it doesn't matter what the rules are — there's still going to be these situations. I wish everybody would stop and think.

"We're playing a contact sport, people are going to get hurt." THE CANADIAN PRESS

Manitoba tops at Brier

- Manitoba's Jeff Stoughton beats Ontario's Glenn Howard to win gold
- Alberta's Kevin Martin falls in bronze-medal game

NATHAN DENETTE/THE CANADIAN PRESS



▶ Manitoba skip Jeff Stoughton celebrates with coach Norm Gould, bottom, after winning the Brier Canadian Curling Championships in London, Ont., yesterday.

Skip Jeff Stoughton has been cool, calm and confident all week at the Tim Hortons Brier.

With rock-steady curling from his Manitoba rink, he had every reason to be. Stoughton was in control throughout the round robin and simply got stronger at playoff time.

His stellar play was the difference in an 8-6 victory over Ontario's Glenn Howard in the championship game yesterday.

"There is nothing better than this feeling right now," Stoughton said. "We said we were going to win this thing right from the get-go. This is what we were here for and we did it.

"I couldn't be prouder of my team. Just awesome."

Stoughton was in control after hitting a clutch double takeout for two points in the eighth end. Howard scored two in the ninth to make it a two-point game, but Stoughton hit another double takeout in the 10th to blank the end and win it.

It was Stoughton's third career men's national curling title and his first since 1999. He will represent Canada at the world men's curling championship April 2-10 at Evraz Place in Regina.

"We're going to put the Maple Leaf on our back and we're going to rock out in Regina," Stoughton said. "It's just going to be awesome."

Howard, who was fourth in the round robin at 8-3, had a challenging route to the final. He had to beat Kevin Martin of Alberta — the 2010 Olympic champ — 5-4 in the 3-4 playoff game Saturday afternoon. Howard then edged 2006 Olympic champion Brad Gushue of Newfoundland and Labrador 7-6 in the semifinal.

Stoughton enjoyed the day off after beating Gushue in the 1-2 playoff game Friday night in a battle of 9-2 rinks.

"I've got to give Jeff Stoughton and the boys credit," Howard said. "I don't know whether anybody's going to beat them. They're unbelievable." THE CANADIAN PRESS

Bronze medal

Brad Gushue of Newfoundland and Labrador defeated Alberta's Kevin Martin 10-5 in eight ends to capture the bronze medal yesterday.

- Martin, the Olympic men's curling champion, scored two in the seventh end to pull to within 6-4.
- But Gushue cemented the victory with four in the eighth.

Another CIS title for Carleton

ANDREW VAUGHAN/THE CANADIAN PRESS

▶ Elliot Thompson

A 19-point performance from tournament all-star Elliot Thompson led the Carleton Ravens to their seventh CIS men's basketball championship in the last nine years.

Carleton downed Trinity Western University 82-59 in Halifax yesterday.

The Ravens built an 18 point half-time lead, largely on the strength of superb three-point shooting. Six different Ravens made at least one three, and the team was 10 for 20 from beyond the arc.

"You gotta just keep shooting the ball. I shot a lot of threes and some of them weren't going in, but you've just got to trust your body and keep shooting," said Thompson, who was 4-for-12 on threes. "The main thing going into this game ... was to keep attacking, never quit and play for 40 minutes." THE CANADIAN PRESS

Sports in brief

Buckeyes grab No. 1 seed

NCAA. Ohio State, Kansas, Pittsburgh and Duke have been awarded the top seeds in this year's NCAA tournament, an expanded version of March Madness that will include 68 teams.

Ohio State beat Penn State 71-60 in the Big Ten tournament final yesterday and was named the top seed in the entire field. THE ASSOCIATED PRESS

Jays bats light up Rays

MLB. Jose Bautista and Eric Thames homered to help Toronto beat Tampa Bay 9-3 yesterday.

Brandon Morrow allowed two runs, one earned, and three hits in four innings. THE ASSOCIATED PRESS

4 sports

Canucks preview

Wild at Canucks
7 p.m.
TV: SNET-VAN
Radio: AM 1040

Minnesota (35-27-7) has dropped the first two contests of a four-game road trip. The Wild are also looking for their first goal.

Daniel Sedin had two goals and an assist to lead the Canucks (45-16-9) to a 4-3 win in Calgary on Saturday night. With the victory, the Canucks swept their five-game road trip. THE CANADIAN PRESS

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	68	42	19	4	3	219	182	91	21-10-2-2	21-9-2-1	4-4-2-0	L1
d-Washington	70	40	20	5	5	189	171	90	22-8-2-5	18-12-3-0	9-1-0-0	W8
d-Boston	68	38	21	4	5	205	164	85	16-12-3-2	22-9-1-3	6-3-1-0	L4
Pittsburgh	70	40	22	5	3	201	171	88	22-12-2-0	18-10-3-3	4-3-3-0	W1
Tampa Bay	69	38	22	4	5	204	209	85	22-9-1-4	16-13-3-1	4-4-1-1	L2
Montreal	69	38	24	4	3	184	172	83	21-8-3-3	17-16-1-0	7-3-0-0	W1
Buffalo	69	34	27	7	1	203	201	76	15-15-2-1	19-12-5-0	6-2-1-1	W1
NY Rangers	70	36	30	2	2	198	171	76	15-17-1-2	21-13-1-0	5-5-0-0	W1
Carolina	69	31	28	5	5	196	209	72	18-11-2-2	13-17-3-3	3-5-1-1	L4
Toronto	69	30	29	5	5	182	212	70	16-13-3-4	14-16-2-1	5-2-2-1	W1
Atlanta	69	29	28	5	7	194	222	70	14-14-2-5	15-14-3-2	4-4-1-1	W1
New Jersey	68	32	32	3	1	146	174	68	16-14-2-1	16-18-0-1	8-2-0-0	W2
Florida	69	28	32	5	4	173	191	65	14-14-5-3	14-18-0-1	3-5-2-0	W1
NY Islanders	70	27	32	6	5	194	220	65	16-15-1-4	11-17-5-1	4-2-3-1	L1
Ottawa	69	25	35	5	4	157	215	59	11-18-2-3	14-17-3-1	6-4-0-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Vancouver	70	45	16	4	5	229	165	99	23-7-1-4	22-9-3-1	7-3-0-0	W5
d-Detroit	69	41	20	5	3	227	199	90	18-11-3-2	23-9-2-1	4-4-1-1	W2
d-San Jose	69	39	22	4	4	194	177	86	18-11-2-3	21-11-2-1	6-2-0-2	L2
Los Angeles	69	39	25	3	2	192	168	83	20-11-2-0	19-14-1-2	7-2-1-0	W3
Phoenix	70	36	23	7	4	202	200	83	17-11-4-2	19-12-3-2	4-4-1-1	W2
Chicago	69	37	24	3	5	226	194	82	21-14-0-0	16-10-4-4	7-1-1-1	L3
Dallas	69	37	24	3	5	193	193	82	19-10-2-4	18-14-1-1	5-3-2-0	L1
Calgary	71	36	26	3	6	214	203	81	21-11-1-3	15-15-2-3	5-4-0-1	L2
Nashville	69	35	24	6	4	177	161	80	17-7-4-3	18-18-1-1	4-4-1-1	W2
Anaheim	69	37	27	3	2	195	202	79	21-12-1-1	16-15-2-1	5-4-1-0	L1
Minnesota	69	35	27	2	5	176	184	77	17-13-1-3	18-14-1-2	4-5-1-0	L2
Columbus	68	32	27	4	5	188	206	73	16-14-1-2	16-13-3-3	3-4-1-2	W1
St. Louis	69	30	30	4	5	193	207	71	20-12-1-3	11-17-3-2	4-6-0-0	L1
Colorado	68	26	34	7	1	191	239	60	14-17-4-0	12-17-3-1	1-8-0-1	L8
Edmonton	70	23	38	2	7	172	231	55	12-19-1-3	11-19-2-3	4-5-1-0	L4

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results
Buffalo 6 Ottawa 4
Pittsburgh 5 Edmonton 1
Phoenix 5 Anaheim 2
Los Angeles 3 Dallas 2
Washington 4 Chicago 3 (OT)
Saturday's results
Montreal 3 Pittsburgh 0
Toronto 4 Buffalo 3
Vancouver 4 Calgary 3
Atlanta 5 Philadelphia 4 (OT)
Columbus 3 Carolina 2
Detroit 5 St. Louis 3
Florida 4 Tampa Bay 3 (OT)
Nashville 4 Colorado 2
New Jersey 3 N.Y. Islanders 2 (OT)
N.Y. Rangers 3 San Jose 2 (SO)
Tonight's games
Tampa Bay at Toronto, 7 p.m.
San Jose at Chicago, 8 p.m.
Minnesota at Vancouver, 10 p.m.
Tomorrow's games
Atlanta at New Jersey, 7 p.m.
N.Y. Islanders at N.Y. Rangers, 7 p.m.
Boston at Columbus, 7 p.m.
Washington at Montreal, 7 p.m.
Pittsburgh at Ottawa, 7:30 p.m.
Philadelphia at Florida, 7:30 p.m.
Carolina at Buffalo, 7:30 p.m.
Los Angeles at Nashville, 8 p.m.
San Jose at Dallas, 8:30 p.m.
Phoenix at Calgary, 9:30 p.m.

PENGUINS 5, OILERS 1

First Period
1. Pittsburgh, Kunitz 19 (Kennedy, Staal) 19:25
Penalties — Omark Edm (hooking) 9:14, Jones Edm (hooking) 11:31, Kovalev Pgh (holding stick) 16:37, Martin Pgh (cross-checking) 16:51.
Second Period
2. Pittsburgh, Talbot 8 (Dupuis, Lovejoy) 6:27
3. Pittsburgh, Staal 8 (Kennedy, Cooke) 18:56
Penalties — Kunitz Pgh (slashing) 8:09, Vandermeer Edm (cross-checking) 11:43, Strudwick Edm (interference) 16:44.
Third Period
4. Edmonton, Jones 16 (Cogliano, Giroux) 1:11
5. Pittsburgh, Michalek 2 (Adams, Talbot) 7:52
6. Pittsburgh, Kunitz 20 (Neal, Kennedy) 16:11 (pp)
Penalties — Petry Edm (tripping) 4:48, Fleury Pgh (delay of game; served by Rupp) 13:14, Brule Edm (charging) 14:56.
Shots

Edmonton	2	11	16	29
Pittsburgh	13	10	10	33

Goal — Edmonton: Dubnyk (L,10-11-7); Pittsburgh: Fleury (W,31-17-5). **Power plays (goals-chances)** — Edmonton: 0-4; Pittsburgh: 1-6.
Referees — Mike Leggo, Brad Watson. **Linesmen** — Michel Cormier, Derek Nansen.
Attendance — 18,197 (18,087).

SABRES 6, SENATORS 4

First Period
1. Buffalo, Ennis 16 (Connolly, Sekera) 5:40
2. Ottawa, Spezza 14 (Karlsson, Gonchar) 8:52 (pp)
3. Buffalo, Vanek 25 (Gaustad, Weber) 12:26
4. Ottawa, Greening 2 (Winchester, Spezza) 18:16
Penalties — C.Butler Buf (interference) 8:36, Sekera Buf (charging) 19:41, Karlsson Ott (diving, unsportsmanlike conduct), C.Butler Buf (hooking) 19:56.
Second Period
5. Buffalo, Ennis 17 (Connolly, Weber) 1:37
6. Buffalo, Gaustad 10 (Mancari, Vanek) 2:10
7. Ottawa, Spezza 15, 9:39
8. Buffalo, Gerbe 9 (Weber, Pominville) 14:34
Penalties — Hecht Buf (hooking) 17:42, C.Butler Buf (cross-checking) 18:52.
Third Period
9. Buffalo, Boyes 16 (Pominville, Sekera) 8:16
10. Ottawa, Karlsson 12 (Spezza) 19:15
Penalty — Kuba Ott (hooking) 6:16.
Shots

Ottawa	16	13	9	38
Buffalo	13	11	9	33

Goal (shots-saves) — Ottawa: Anderson (17-13), McElhinney (L,7-10-1)(2:10 second)(16-14); Buffalo: Enroth (W,5-2-1). **Power plays (goals-chances)** — Ottawa: 1-4; Buffalo: 0-2.
Referees — Paul Devorski, Marcus Vinnerborg.
Linesmen — Brad Kovachik, Greg Devorski.
Attendance — 18,690 (18,690).

SATURDAY

MAPLE LEAFS 4, SABRES 3

First Period
1. Buffalo, Weber 4 (Connolly, Niedermayer) 2:55
2. Toronto, MacArthur 20 (Grabovski, Kulemin) 11:21
Penalty — Sekera Buf (hooking) 5:29.
Second Period
3. Toronto, Bozak 11 (Kessel, Lupul) 10:10
4. Buffalo, Hecht 12 (Vanek, Sekera) 11:04
5. Buffalo, Leopold 12 (Ennis, McCormick) 15:31 (pp)
Penalty — Grabovski Tor (high-sticking) 15:13.
Third Period
6. Toronto, Grabovski 27 (Gunnarsson, Phaneuf) 4:03
7. Toronto, Kessel 28 (Schenn, Reimer) 6:36
Penalty — Myers Buf (high-sticking) 9:34
Shots

Buffalo	12	20	10	42
Toronto	7	12	10	29

Goal — Buffalo: Miller (L,29-20-7); Toronto: Reimer (W,13-6-4). **Power plays (goals-chances)** — Buffalo: 1-1; Toronto: 0-2.
Referees — Paul Devorski, Francois St-Lauerent.
Linesmen — Greg Devorski, Steve Miller.
Attendance — 19,347 (18,819).

CANADIENS 3, PENGUINS 0

First Period
1. Montreal, Plekanec 21 (Cammalleri) 0:46
Penalties — None.
Second Period
2. Montreal, Moen 4 (Gionta, Gomez) 0:24
3. Montreal, Cammalleri 16 (Halpern) 6:51
Penalties — Desharnais Mtl (tripping) 3:26, Talbot Pgh (slashing) 10:01, Mara Mtl, Talbot Pgh (fighting) 12:47, Weber Mtl, Cooke Pgh (roughing), Rupp Pgh (cross-checking) 15:56, Subban Mtl (elbowing) 18:02.
Third Period
No Scoring.
Penalty — Mara Mtl (cross-checking) 18:07.
Shots

Montreal	9	9	2	20
Pittsburgh	5	11	10	26

Goal (shots-saves) — Montreal: Price (W,33-22-6); Pittsburgh: Fleury (L,30-17-5)(12-9), B.Johnson (8:25 second)(8-8). **Power plays (goals-chances)** — Montreal: 0-2; Pittsburgh: 0-3.
Referees — Stephen Walkom, Brad Watson.
Linesmen — Michel Cormier, Derek Nansen.
Attendance — 18,310 (18,087).

CANUCKS 4, FLAMES 3

First Period
1. Calgary, Backlund 8, 2:14
2. Calgary, Stajan 6 (Jackman, Sarich) 3:32
3. Vancouver, Kesler 34 (Samuelsson, H.Sedin) 8:48 (pp)
Penalties — Giordano Cal (hooking) 8:16, Hamhuis Vcr (holding stick) 19:02.
Second Period
4. Vancouver, D.Sedin 36 (H.Sedin, Ehrhoff) 9:46
5. Calgary, Moss 17 (Iginla, Tanguay) 10:52
6. Vancouver, Burrows 20 (D.Sedin, Ehrhoff) 15:41
7. Vancouver, D.Sedin 37 (Kesler, Ehrhoff) 19:44 (pp)
Penalty — Bourque Cal (tripping) 19:07.
Third Period
No Scoring.
Penalty — H.Sedin Vcr (hooking) 16:51.
Shots

Vancouver	12	13	7	32
Calgary	7	10	6	23

Goal — Vancouver: Luongo (W,32-13-7); Calgary: Kiprusoff (L,32-21-5). **Power plays (goals-chances)** — Vancouver: 2-2; Calgary: 0-2.
Referees — Dennis LaRue, Frederick L'Ecuyer.
Linesmen — Mike Cvik, Mark Wheler.
Attendance — 19,289 (19,289).

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	11	9	2	.818	132	101	—
Buffalo	10	7	3	.700	110	93	1½
Boston	11	6	5	.545	117	102	3
Rochester	10	5	5	.500	93	107	3½
Philadelphia	11	4	7	.364	99	125	5

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Calgary	10	7	3	.700	121	109	—
Minnesota	9	5	4	.556	102	98	1½
Washington	11	5	6	.455	146	135	2½
Edmonton	10	2	8	.200	103	128	5
Colorado	9	1	8	.111	80	105	5½

Last night's result
Calgary 17 Washington 13
Saturday's result
Buffalo 12 Boston 10

MLB

SPRING TRAINING

AMERICAN LEAGUE

	W	L	Pct
Seattle	9	4	.692
Detroit	12	7	.632
Kansas City	10	6	.625
Texas	8	7	.533
Boston	9	8	.529
Baltimore	7	7	.500
Minnesota	8	8	.500
Toronto	8	8	.500
Los Angeles	8	10	.444
Oakland	7	9	.438
Chicago	6	9	.400
Tampa Bay	6	9	.400
New York	6	10	.375
Cleveland	5	9	.357

NATIONAL LEAGUE

	W	L	Pct
San Francisco	14	4	.778
Atlanta	11	5	.688
Washington	10	5	.667
Colorado	11	6	.647
Cincinnati	10	6	.625
Milwaukee	10	6	.625
Philadelphia	11	7	.611
St. Louis	8	7	.533
New York	8	9	.471
San Diego	7	8	.467
Chicago	8	10	.444
Pittsburgh	8	10	.444
Florida	5	10	.333
Houston	6	13	.316
Los Angeles	5	14	.263
Arizona	5	15	.250

Yesterday's results
Philadelphia 6 Minnesota (ss) 3
Houston (ss) 3 Detroit (ss) 1
Atlanta 7 Houston (ss) 1
Washington 5 Florida 1
Toronto 9 Tampa Bay 3
Pittsburgh 9 Boston 4
Minnesota (ss) 9 N.Y. Yankees 2
Detroit (ss) 9 Baltimore 1
N.Y. Mets 13 St. Louis 3
L.A. Angels (ss) 6 Cincinnati 3
San Diego 7 Cleveland 2
Oakland 9 Colorado 4
Chicago White Sox 6 L.A. Dodgers (ss) 1
Milwaukee 7 Kansas City 5
San Francisco 11 Texas 8
Seattle 2 L.A. Angels (ss) 0
Chicago Cubs (ss) 4 L.A. Dodgers (ss) 3 (10 inn.)
Chicago Cubs (ss) 7 Arizona 5

CRICKET

WORLD CUP

GROUP A

	MP	W	T	L	NR	Pt
x-New Zealand	5	4	0	1	0	8
x-Sri Lanka	5	3	1	1	1	7
x-Australia	4	3	0	0	1	7
Pakistan	4	3	0	1	0	6
Zimbabwe	4	1	0	3	0	2
Canada	**5**	**1**	**0**	**4**	**0**	**2**
Kenya	5	0	0	5	0	0

GROUP B

	MP	W	T	L	NR	Pt
India	5	3	1	1	0	7
South Africa	4	3	0	1	0	6
West Indies	4	3	0	1	0	6
England	5	2	1	2	0	5
Bangladesh	4	2	0	2	0	4
Ireland	3	1	0	2	0	2
Netherlands	4	0	0	4	0	0

x — clinched berth in quarter-finals.
Yesterday's results
At Mumbai, India
New Zealand (261 for nine) def. **Canada** (358-6) by 97 runs.
At Bangalore, India
Australia (324-6) def. Kenya (264-6) by 60 runs.
Saturday's result
At Chennai, India
South Africa (300-7) def. India (296) by 3 wickets
Today's matches
At Chittagong, India
Bangladesh vs. Netherlands
At Kandy (Pallekele), Sri Lanka
Pakistan vs. Zimbabwe

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
dx-Boston	47	17	.734	—
y-Chicago	47	18	.723	½
dx-Miami	45	21	.682	3
Orlando	42	25	.627	6½
Atlanta	38	28	.576	10
New York	34	31	.523	13½
Philadelphia	34	32	.515	14
Charlotte	28	38	.424	20
Indiana	28	38	.424	20
Milwaukee	26	39	.400	21½
Detroit	23	44	.343	25½
New Jersey	21	43	.328	26
Toronto	18	48	.273	30
Washington	16	48	.250	31
Cleveland	12	53	.185	35½

WESTERN CONFERENCE

	W	L	Pct	GB
dx-San Antonio	54	12	.818	—
Dallas	47	19	.712	7
d-L.A. Lakers	47	20	.701	7½
d-Oklahoma City	42	23	.646	11½
Denver	39	27	.591	15
New Orleans	39	29	.574	16
Portland	37	29	.561	17
Memphis	36	31	.537	18½
Phoenix	33	31	.516	20
Utah	34	33	.507	20½
Houston	33	34	.493	21½
Golden State	30	36	.455	24
L.A. Clippers	26	41	.388	28½
Minnesota	17	51	.250	38
Sacramento	15	49	.234	38

d – division leader; **x** — clinched playoff berth; **y** — clinched division.

Yesterday's results
Charlotte 95 Toronto 90
Boston 87 Milwaukee 56
Golden State 100 Minnesota 77
Indiana 106 New York 93
Oklahoma City 95 Cleveland 75
Orlando 111 Phoenix 88
Saturday's results
Atlanta 91 Portland 82
Chicago 118 Utah 100
Denver 131 Detroit 101
L.A. Clippers 122 Washington 101
L.A. Lakers 96 Dallas 91
Miami 118 Memphis 85
Milwaukee 102 Philadelphia 74
New Orleans 115 Sacramento 103
San Antonio 115 Houston 107
Tonight's games
Boston at New Jersey, 7 p.m.
Oklahoma City at Washington, 7 p.m.
L.A. Clippers at Memphis, 8 p.m.
Denver at New Orleans, 8 p.m.
San Antonio at Miami, 8 p.m.
Phoenix at Houston, 8:30 p.m.
Philadelphia at Utah, 9 p.m.
Golden State at Sacramento, 10 p.m.
Orlando at L.A. Lakers, 10:30 p.m.

GOLF

WGC CADILLAC CHAMPIONSHIP

At Doral, Fla.
Par 72
Final Round

Nick Watney, $1,400,000	67-70-68-67—272
Dustin Johnson, $850,000	69-69-65-71—274
Anders Hansen, $465,000	71-69-68-67—275
Francesco Molinari, $465,000	68-68-70-69—275
Matt Kuchar, $350,000	68-69-68-71—276
Adam Scott, $271,000	68-70-68-71—277
Luke Donald, $271,000	67-72-66-72—277
Rickie Fowler, $200,000	71-73-68-66—278
Hunter Mahan, $175,000	64-71-71-73—279
Tiger Woods, $129,000	70-74-70-66—280
Jonathan Byrd, $129,000	70-74-68-68—280
Padraig Harrington, $129,000	68-71-68-73—280
Martin Laird, $129,000	67-70-70-73—280
Rory McIlroy, $129,000	68-69-69-74—280

PGA PUERTO RICO OPEN

At Rio Grande, Puerto Rico
Par 72
Final Round
(x-won on first hole of playoff)

x-Michael Bradley, $630,000	68-68-68-68—272
Troy Matteson, $378,000	67-67-66-72—272
Stephen Ames, $203,000	**69-66-73-66—274**
Hunter Haas, $203,000	67-68-68-71—274
George McNeill, $140,000	69-66-71-69—275
Bobby Gates, $126,000	70-69-68-69—276
Fabian Gomez, $105,438	67-70-70-70—277
Chris Tidland, $105,438	71-63-72-71—277
Brandt Jobe, $105,438	68-71-67-71—277
Angel Cabrera, $105,438	66-71-69-71—277
Bio Kim, $80,500	73-68-69-68—278
John Merrick, $80,500	68-70-70-70—278
Chris DiMarco, $80,500	68-69-70-71—278
David Hearn, $61,250	**68-70-74-67—279**
Fredrik Jacobson, $61,250	74-69-66-70—279
Michael Thompson, $61,250	68-69-70-72—279
Brendon de Jonge, $61,250	71-68-67-73—279

CURLING

THE BRIER

At London, Ont.
Yesterday's results
Bronze Medal
Newfoundland & Labrador (Gushue) 10 Alberta (Martin) 5
Championship
Manitoba (Stoughton) 8 Ontario (Howard) 6
Saturday's results
Page Playoffs
Three vs. Four
Ontario (Howard) 5 Alberta (Martin) 4
Semifinal
Ontario (Howard) 7 Newfoundland & Labrador (Gushue) 6

WORLD JUNIOR CHAMPIONSHIP

At Perth, Scotland
MEN
Yesterday's results
Gold Medal
Sweden 6 Switzerland 5
Bronze Medal
Norway 10 **Canada 2**
WOMEN
Yesterday's results
Gold Medal
Scotland 10 **Canada 3**
Bronze Medal
Russia 9 Sweden 3

TENNIS

WTA BNP PARIBAS OPEN

At Indian Wells, Calif.
Yesterday's results
Men
Singles — Second Round
Roger Federer (2), Switzerland, def. Igor Andreev, Russia, 7-5, 7-6 (4).
Tomas Berdych (7), Czech Republic, def. Lukasz Kubot, Poland, 6-4, 6-1.
Andy Roddick (8), U.S., def. James Blake, U.S., 6-3, 7-5.
Jurgen Melzer (10), Austria, def Julien Benneteau, France, 1-6, 6-1, 6-4.
Stanislas Wawrinka (12), Switzerland, def. Nikolay Davydenko, Russia, 3-6, 7-6 (5), 6-4.
Viktor Troicki (16), Serbia, def. Bernard Tomic, Australia, 6-4, 6-4
Marin Cilic (17), Croatia, def. Florent Serra, France, 6-1, 6-3.
Richard Gasquet (18), France, def. Pablo Cuevas, Uruguay, 7-5, 6-3.
Ryan Harrison, U.S., def. Guillermo Garcia-Lopez (22), Spain, 6-3, 7-6 (4).
Michael Llodra (24), France, def. Santiago Giraldo, Colombia, 7-6 (6), 6-4.
Thomaz Bellucci (26), Brazil, def. Benjamin Becker, Germany, 6-3, 7-6 (5).
Juan Ignacio Chela (29), Argentina, def. Philipp Petzschner, Germany, 4-6, 7-5, 6-2.
John Isner (30), U.S., def. Ricardo Mello, Brazil, 6-3, 7-6 (2).
Ernests Gulbis (31), Latvia, def. Yen-hsun Lu, Taiwan, 6-7 (1), 7-6 (7), 6-1.
Women
Singles — Third Round
Kim Clijsters (2), Belgium, def. Sara Errani, Italy, 6-3, 2-6, 6-4.
Francesca Schiavone (5), Italy, def. Alize Cornet, France, 6-2, 6-3.
Jelena Jankovic (6), Serbia, def. Julia Goerges (32), Germany, 6-2, 6-4.
Yanina Wickmayer (23), Belgium, def. Kaia Kanepi (14), Estonia, 3-6, 6-4, 6-1.
Marion Bartoli (15), France, def. Andrea Petkovic (21), Germany, 6-4, 6-2.
Ana Ivanovic (19), Serbia, def. Barbora Zahlavova Strycova, Czech Republic, 6-2, 6-2.

SOCCER

ENGLAND

FA CUP

QUARTER-FINALS
Yesterday's results
Stoke 2 West Ham 1
Manchester City 1 Reading 0

LEAGUE CHAMPIONSHIP

Yesterday's result
Cardiff 2 Barnsley 2

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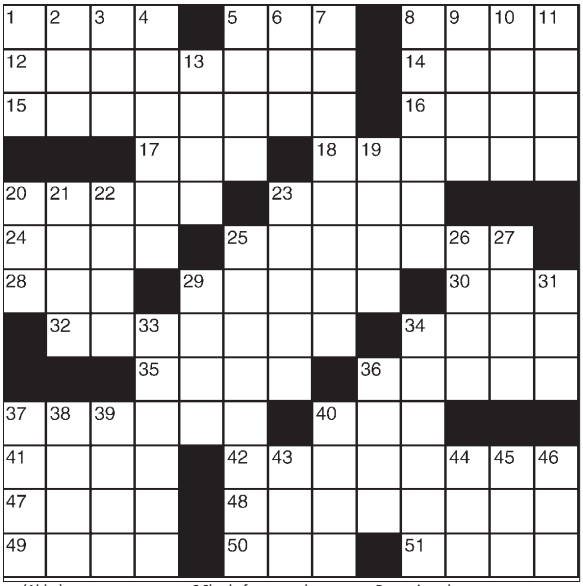

Across
1 Watched
5 Taxpayer's addressee (Abbr.)
8 Injure
12 Mexican street band
14 Piece of work
15 Small prison cell
16 — fide
17 Comedian DeLuise
18 Family name on both "Full House" and "ALF"
20 Censor's sound
23 Mattel subdivision
24 Ointment
25 Lockable money container
28 Syllable often following a dot
29 Donny's sister
30 Martini ingredient
32 Orator's perch
34 Clench
35 Longtime baseball pitcher Jim
36 "... — finest hour"
37 Lowly servant
40 Exist
41 Thing
42 Television set
47 Wound cover
48 Lone
49 "Comin' — the Rye"
50 Booker T.'s backup band
51 Courtroom cry

Down
1 Type squares
2 Deviate off course
3 Before
4 Crown
5 Nuclear weapon (Abbr.)
6 Letter after pi
7 Famous route
8 Mingle (with)
9 "Once — a time"
10 Mysterious letter
11 Despot
13 On
19 Liniment target
20 English channel?
21 Cambodia neighbor
22 Ticklish Muppet
23 Fortune-telling deck
25 Occult doctrine
26 Shrek, for example
27 Romans' unlucky number?
29 Film-rating org.
31 "All Things Considered" airer
33 With hands on hips
34 Urban subsection
36 "Star Trek: TNG" role
37 Waterfall effect
38 Engrave
39 Approach
40 Isn't healthy
43 Pooch
44 Biscay or Biscayne
45 Raw mineral
46 Alphabet ending

▶ Weekend's answer

J	I	B	■	A	T	O	M	■	G	Y	M	S
E	C	U	■	B	O	L	A	■	R	O	U	E
B	U	S	Y	B	O	D	Y	■	O	G	L	E
■	■	T	E	A	K	■	■	B	U	I	L	D
B	A	L	L	S	■	C	H	I	N	■	■	■
R	O	I	L	■	B	R	E	A	D	B	O	X
A	N	N	■	B	O	O	M	S	■	U	L	M
D	E	G	R	A	S	S	I	■	A	S	E	A
■	■	■	H	I	S	S	■	A	D	I	O	S
B	E	R	Y	L	■	■	O	P	E	N	■	■
O	M	I	T	■	B	U	S	H	N	E	L	L
N	I	G	H	■	U	G	L	I	■	S	E	E
D	R	A	M	■	G	O	O	D	■	S	I	X

Sudoku

	5						8	
	8	4		1		2	9	
3			8		6			1
		1	4		7	9		
		2	6		8	7		
6			3		2			9
	1	8		5		3	6	
	4						2	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Weekend's answer ▶

8	9	1	2	7	3	6	4	5
3	2	6	4	5	8	7	9	1
5	4	7	1	9	6	3	2	8
6	8	2	3	4	7	1	5	9
7	3	9	8	1	5	4	6	2
4	1	5	9	6	2	8	7	3
9	7	8	5	3	4	2	1	6
2	5	4	6	8	1	9	3	7
1	6	3	7	2	9	5	8	4

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Vladushka, I'm getting enough of this relationship, I don't want to be your boyfriend anymore... Will you marry me? Mi amor, let me warm up your cold nights, let me brighten your life. Siempre tuyo, **MARIANO**

Dale You give me chills everytime you come near me. Keep sticking to your diet!! You get sexier every day! **BRYCE C.**

RyeRye; I've never felt as close to you as I do now.. Feels like I just met you all over again! You're everything to me, baby! Let's keep our love growing. I love you. **MZTHORNHILL**

Laura <3 BaBy all u need to know is that I love you soo much! I will love you forever! It's been the happiest year in my life!! ;) <3 **DJ ATOMICZ**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You may be tempted to force someone to give you what it is you desire but if you do your efforts will backfire. Persuasion is the key to success this week.

♉ Taurus April 21-May 21 If you don't feel like making an effort today there is no point pushing yourself. Focus on activities that make you feel good about yourself and let the rest take care of itself.

♊ Gemini May 22-June 21 You don't have to shout to make yourself heard. In fact the planets indicate that the louder you yell over the next 24 hours the less likely it is others will listen to you.

♋ Cancer June 22-July 22 You know how to move fast when there is money at stake but there is a danger you could move too fast for your own good today. Most likely it's because greed has got the better of you. Think again – and slow down.

♌ Leo July 23-Aug.23 The most important thing this coming week is that you do what makes you happy, not what makes other people happy. You may be generous by nature but you have needs and desires too.

♍ Virgo Aug. 24- Sept. 22 Don't worry too much if you find it hard to understand what is going on around you today – on this occasion ignorance is bliss. If you get caught up in other people's affairs you may not be able to find a way out again.

♎ Libra Sept. 23-Oct. 23 If others make negative comments about what you are trying to do it's only because they fear you might succeed. The more criticism you get today the more you can be certain you are doing something right.

♏ Scorpio Oct. 24-Nov. 22 A week or so from now you will get the opportunity to take a break, but today you must push yourself as hard and as fast as your mind and body can take you. Go the extra mile.

♐ Sagittarius Nov. 23-Dec. 21 You can, if you wish, sit back and let things happen but will you be satisfied with the results? Probably not. Get out of that armchair and put yourself about a bit.

♑ Capricorn Dec. 22-Jan. 20 You're pulling your punches a bit. Certain individuals are not getting the hard ride they clearly deserve. Allow yourself to get angry, even if it's mainly an act. Others will respect you more if they think you are serious.

♒ Aquarius Jan. 21-Feb. 18 If something you value goes out of your life today don't get too upset about it, because it is making space for something even more valuable to come in.

♓ Pisces Feb. 19-March 20 You'll be in a generous mood as the new week begins, eager to share your own good fortune with those you live and work with. But keep a little in reserve. You know how quickly things can change. **SALLY BROMPTON**

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Caption contest

WIN!

You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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